



National Nutrient Database for Standard Reference

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Statistics Report 01104, Milk, chocolate, lowfat, with added vitamin A and vitamin D

Report Date: July 05, 2017 04:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	84.91	13	0.336	84.77	85.37	9.0	84.149	85.667	1	Analytical or derived from analytical	--	07/2015
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Aggregated data involving													
Protein ¹	g	3.46	21	0.081	3.23	3.49	17.0	3.283	3.627	1	comb. of codes other than 1,12 or 6	--	07/2015
Total lipid (fat) ¹	g	1.00	13	0.010	0.99	1.02	10.0	0.973	1.02	1	Analytical or derived from analytical	--	11/1976
Ash ¹	g	0.78	13	0.027	0.75	0.79	11.0	0.722	0.84	1	Analytical or derived from analytical	--	07/2015
Carbohydrate, by difference	g	9.86	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Calculated from													
Fiber, total dietary	g	0.1	9	0.059	0.1	0.4	7.0	-0.004	0.274	1	nutrient label by NDL	--	07/2015
Sugars, total	g	9.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca 1	mg	129	13	1.541	117	169	10.0	125.567	132.433	1	Analytical or derived from analytical	--	07/2015
Iron, Fe 1	mg	0.23	13	0.018	0.17	0.42	11.0	0.189	0.267	1	Analytical or derived from analytical	--	07/2015
Magnesium, Mg 1	mg	13	13	0.278	13	13	10.0	12.556	13.798	1	Analytical or derived from analytical	--	11/1976
Phosphorus, P 1	mg	96	13	1.481	90	97	9.0	92.223	98.9	1	Analytical or derived from analytical	--	07/2015
Potassium, K 1	mg	172	13	3.391	162	174	9.0	163.889	179.188	1	Analytical or derived from analytical	--	07/2015
Sodium, Na 1	mg	65	13	2.589	49	69	9.0	58.688	70.389	1	Analytical or derived from analytical	--	07/2015
Zinc, Zn 1	mg	0.43	13	0.007	0.42	0.43	9.0	0.412	0.444	1	Analytical or derived from analytical	--	07/2015
Copper, Cu 1	mg	0.028	13	0.002	0.03	0.03	9.0	0.023	0.032	1	Analytical or derived from analytical	--	07/2015
Manganese, Mn 1	mg	0.030	13	0.002	0.03	0.03	9.0	0.026	0.035	1	Analytical or derived from analytical	--	07/2015
Selenium, Se	µg	1.9	12	0.335	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamins													
Vitamin C, total ascorbic acid	mg	0.4	10	0.146	0	0.5	8.0	0.101	0.773	1	Calculated from nutrient label by NDL	--	07/2015
Thiamin ¹	mg	0.031	8	0.001	0.03	0.03	5.0	0.028	0.034	1	Analytical or derived from analytical	--	07/2015
Riboflavin ¹	mg	0.247	8	0.012	0.21	0.26	5.0	0.218	0.277	1	Analytical or derived from analytical	--	07/2015
Niacin ¹	mg	0.124	8	0.006	0.12	0.12	5.0	0.109	0.138	1	Analytical or derived from analytical	--	07/2015
Pantothenic acid ¹	mg	0.430	5	0.029	0.41	0.43	3.0	0.338	0.522	1	Analytical or derived from analytical	--	07/2015
Vitamin B-6 ¹	mg	0.047	8	0.004	0.05	0.05	5.0	0.036	0.059	1	Analytical or derived from analytical	--	07/2015
Folate, total	µg	3	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	1	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

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Choline, total	mg	17.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin B-12 ¹	µg	0.23	8	0.049	0.16	0.26	5.0	0.108	0.362	1	Analytical or derived from analytical	--	07/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Retinol ¹	µg	51	3	--	41	73	--	--	--	1	Analytical or derived from analytical	--	07/2015
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Tocopherol, gamma ¹	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin D (D2 + D3)	µg	1.1	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D2 (ergocalciferol) ¹	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Vitamin D3 (cholecalciferol) ¹	µg	1.1	4	0.010	1	1.3	2.0	1.044	1.13	1	Analytical or derived from analytical	--	05/2009
Vitamin D	IU	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin K (phylloquinone) ¹	µg	0.1	3	0.000	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	07/2015
Lipids													
Fatty acids, total saturated	g	0.584	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
4:0 ¹	g	0.019	13	0.001	0.02	0.02	11.0	0.018	0.021	1	Analytical or derived from analytical	--	07/2015
6:0 ¹	g	0.013	13	0.001	0.01	0.01	9.0	0.012	0.014	1	Analytical or derived from analytical	--	07/2015
8:0 ¹	g	0.008	13	0.000	0.01	0.01	9.0	0.008	0.009	1	Analytical or derived from analytical	--	11/1976
10:0 ¹	g	0.022	13	0.001	0.02	0.02	11.0	0.021	0.023	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.025	13	0.001	0.03	0.03	9.0	0.024	0.026	1	Analytical or derived from analytical	--	07/2015
14:0 1	g	0.090	13	0.001	0.09	0.09	10.0	0.088	0.092	1	Analytical or derived from analytical	--	07/2015
15:0 1	g	0.010	13	0.000	0.01	0.01	11.0	0.009	0.01	1	Analytical or derived from analytical	--	07/2015
16:0 1	g	0.268	13	0.003	0.26	0.28	10.0	0.261	0.275	1	Analytical or derived from analytical	--	07/2015
17:0 1	g	0.005	13	0.000	0.01	0.01	11.0	0.005	0.006	1	Analytical or derived from analytical	--	07/2015
18:0 1	g	0.120	13	0.004	0.11	0.12	9.0	0.112	0.129	1	Analytical or derived from analytical	--	07/2015
20:0 1	g	0.002	13	0.000	0	0	5.0	0.002	0.003	1	Analytical or derived from analytical	--	07/2015
22:0 1	g	0.001	13	0.000	0	0	7.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2015
24:0 1	g	0.000	13	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total monounsaturated	g	0.541	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.009	13	0.000	0.01	0.01	11.0	0.009	0.01	1	Analytical or derived from analytical	--	07/2015
15:1 1	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
16:1 undifferentiated 1	g	0.015	13	0.000	0.01	0.01	11.0	0.014	0.016	1	Analytical or derived from analytical	--	07/2015
16:1 c 1	g	0.012	13	0.000	0.01	0.01	10.0	0.011	0.013	1	Analytical or derived from analytical	--	07/2015
16:1 t 1	g	0.003	13	0.000	0	0	7.0	0.003	0.004	1	Analytical or derived from analytical	--	07/2015
17:1 1	g	0.002	13	0.000	0	0	3.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
18:1 undifferentiated 1	g	0.248	13	0.005	0.25	0.25	10.0	0.237	0.26	1	Analytical or derived from analytical	--	07/2015
18:1 c 1	g	0.221	13	0.004	0.22	0.23	10.0	0.212	0.231	1	Analytical or derived from analytical	--	07/2015
18:1 t 1	g	0.027	13	0.002	0.02	0.03	9.0	0.023	0.03	1	Analytical or derived from analytical	--	07/2015
20:1 1	g	0.003	13	0.000	0	0	10.0	0.002	0.004	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated ¹	g	0.000	13	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	02/1995
22:1 c ¹	g	0.000	13	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	07/2015
22:1 t ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
24:1 c ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Fatty acids, total polyunsaturated	g	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:2 undifferentiated ¹	g	0.039	13	0.001	0.04	0.04	10.0	0.035	0.042	1	Analytical or derived from analytical	--	07/2015
18:2 n-6 c,c ¹	g	0.025	13	0.001	0.02	0.03	10.0	0.023	0.027	1	Analytical or derived from analytical	--	07/2015
18:2 CLAs ¹	g	0.007	13	0.001	0.01	0.01	9.0	0.005	0.008	1	Analytical or derived from analytical	--	07/2015
18:2 t not further defined ¹	g	0.007	13	0.001	0.01	0.01	10.0	0.005	0.008	1	Analytical or derived from analytical	--	07/2015
18:3 undifferentiated ¹	g	0.006	13	0.000	0	0.01	10.0	0.005	0.007	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.006	13	0.000	0	0.01	10.0	0.005	0.007	1	Analytical or derived from analytical	--	07/2015
18:3 n-6 c,c,c ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:3i ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
18:4 ¹	g	0.000	13	0.000	0	0	9.0	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c ¹	g	0.000	13	0.000	0	0	10.0	--	0.001	1	Analytical or derived from analytical	--	07/2015
20:3 undifferentiated ¹	g	0.001	13	0.000	0	0	11.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:3 n-6 ¹	g	0.001	13	0.000	0	0	11.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:4 undifferentiated ¹	g	0.002	13	0.000	0	0	9.0	0.001	0.002	1	Analytical or derived from analytical	--	07/2015
20:5 n-3 (EPA) ¹	g	0.001	13	0.000	0	0	9.0	--	0.001	1	Analytical or derived from analytical	--	07/2015
22:4 ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.001	13	0.000	0	0	9.0	0.001	0.001	1	Analytical or derived from analytical	--	07/2015
22:6 n-3 (DHA) ¹	g	0.000	13	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Cholesterol ¹	mg	5	8	0.130	5	5	5.0	4.234	4.901	1	Analytical or derived from analytical	--	07/2015
Amino Acids													
Tryptophan ²	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Threonine ²	g	0.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Isoleucine ²	g	0.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Leucine ²	g	0.307	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Lysine ²	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Methionine ²	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Cystine ²	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 2	g	0.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Tyrosine 2	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Valine 2	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Arginine 2	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Histidine 2	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Alanine 2	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Aspartic acid 2	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Glutamic acid 2	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Glycine 2	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Proline 2	g	0.307	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ²	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2015
Hydroxyproline ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine ¹	mg	1	5	0.295	1	2	3.0	0.428	2.304	1	Analytical or derived from analytical	--	07/2015
Theobromine ¹	mg	12	5	1.198	11	13	3.0	8.612	16.236	1	Analytical or derived from analytical	--	07/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18f, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD